

Covid 19 procedures for Nifty November

Cartersville Gymnastics has worked on procedures in attempts to keep all participants and non-participants safe, and to help keep the spread of the coronavirus by:

- Meet Format will be modified traditional- timed warm-ups immediately preceding competition on each event.
- Limiting gymnasts in each session and limiting spectators while following state recommendations on distancing guidelines. **Maximum 2 spectators per gymnast**
- Posting signs stating those individuals who have symptoms of Covid-19 should not enter.
- **Masks are required all for spectators, coaches and judges!!! We will have masks for sale \$2**
- All volunteer workers will be masked as part of our safety protocol
- Providing hand sanitizer at entrances and on each event so gymnasts can use it before and after touching equipment.
- Keeping teams in own squad if possible; or, allowing block touch on vault and floor if there is more than 1 team in a squad, so they can remain separate.
- Sanitizing mats and high touch areas between sessions.
- Keeping meet staff to low numbers while keeping the meet running effectively.
- Leaving time between sessions to allow attendees from one session to leave before the next arrive.
- Concessions will be limited.

For Coaches & Gymnasts

- Gymnasts should bring clearly marked personal chalk bags and water bottles.
- Coaches need to limit time spent in coach's area; so, social distancing can be maintained. Individually prepared meals provided by local businesses.
- **Awards-** will be held across the parking lot at the civic center. 1st-3rd place will receive their awards on the awards stands. All other places will be acknowledged by standing for recognition and receiving their award. Those handing out awards will be masked and have gloves.

Refund Policy:

- We will refund the meet fees if gymnasts scratch 2 weeks before competitions or if our meet will be canceled by Governor's order due to Covid-19.